



Mango Chicken Salad



Gluten Free



Dairy Free

READY IN



50 min.

SERVINGS



12

CALORIES



249 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 32 oz coleslaw mix
- ☐ 6 cups roasted chicken cooked chopped
- ☐ 0.8 cup spring onion sliced
- ☐ 1 teaspoon ground ginger
- ☐ 18 oz mangos light fat-free yoplait®
- ☐ 3 medium mangos diced seeds removed, peeled and (3 cups) ripe
- ☐ 1.5 teaspoons salt
- ☐ 1 cup slivered almonds toasted

☐ 0.5 cup vinegar white

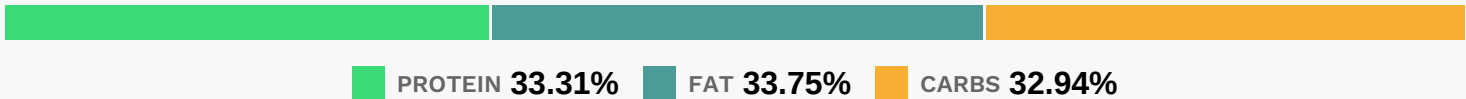
Equipment

☐ bowl

Directions

- ☐ In very large bowl, mix all dressing ingredients until blended.
- ☐ Add chicken, mangoes and onions; stir gently to blend. Cover; refrigerate at least 30 minutes to blend flavors, or until serving time.
- ☐ Just before serving, stir coleslaw blend and almonds into salad.

Nutrition Facts



Properties

Glycemic Index:19.96, Glycemic Load:7.81, Inflammation Score:-8, Nutrition Score:20.634782459425%

Flavonoids

Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Catechin: 1.74mg, Catechin: 1.74mg, Catechin: 1.74mg, Catechin: 1.74mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg

Nutrients (% of daily need)

Calories: 248.95kcal (12.45%), Fat: 9.58g (14.75%), Saturated Fat: 1.73g (10.8%), Carbohydrates: 21.05g (7.02%), Net Carbohydrates: 16.34g (5.94%), Sugar: 15.88g (17.65%), Cholesterol: 52.5mg (17.5%), Sodium: 359.08mg (15.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.29g (42.57%), Vitamin C: 63.16mg (76.56%), Vitamin K: 74.35µg (70.81%), Vitamin B3: 6.7mg (33.49%), Selenium: 18.57µg (26.52%), Vitamin B6: 0.51mg (25.51%), Vitamin A: 1185.29IU (23.71%), Manganese: 0.47mg (23.5%), Vitamin E: 3.3mg (22%), Phosphorus: 213.56mg (21.36%), Folate:

84.53µg (21.13%), Fiber: 4.71g (18.84%), Vitamin B2: 0.28mg (16.29%), Potassium: 532.89mg (15.23%), Magnesium: 59.22mg (14.8%), Copper: 0.26mg (12.92%), Vitamin B5: 1.07mg (10.74%), Zinc: 1.6mg (10.65%), Iron: 1.82mg (10.1%), Vitamin B1: 0.14mg (9.19%), Calcium: 78.73mg (7.87%), Vitamin B12: 0.2µg (3.38%)